



Metropolitan Organization to Counter Sexual Assault

24 Hour Crisis Line:
MO (816) 531- 0233
KS (913) 642-0233
www.mocsa.org

Helpful Resources

There are many resources available if you or someone you know is in an abusive relationship, you are not in this alone. You do not have to deal with relationship abuse by yourself.

National Dating Abuse Helpline
866-331-9474; TTY: 866-331-8453

Youth and Teen Organizations

www.thatsnotcool.com
www.loveisrespect.org
www.thesafespace.org

MOCSA

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If there is ever immediate danger for you or for someone you know, don't hesitate to call 911.

The Cycle of Relationship Abuse

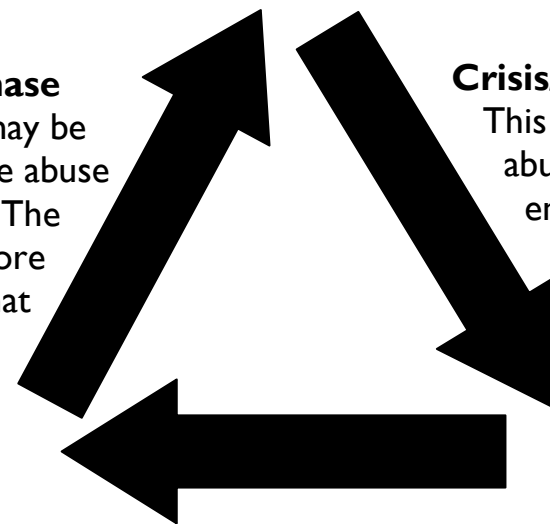
The cycle of violence describes what happens in violent relationships

Tension Building Phase

Actions in this phase may be warning signs for future abuse or escalation in abuse. The abuser often angers more easily or over things that seem small.

Crisis/Explosion Phase

This is the episode of abuse. It can be emotional, verbal, physical, sexual, or financial abuse.



Honeymoon Phase

The abuser apologizes for the abuse. He/she makes promises to be better, to change, and/or to never to do it again. The abuser often will place blame on someone or something else.

Find us at MOCSAkc



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